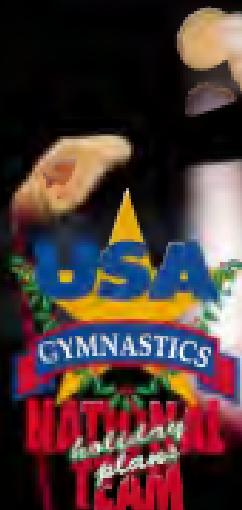


THE OFFICIAL PUBLICATION OF USA GYMNASTICS

NOVEMBER/DECEMBER 1993
VOLUME 22, #6

USA GYMNASTICS

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MEDIA TRAINING SEMINAR

Judy Carter, a specialist in media training and public speaking for 20 years, gave a media training seminar to members of the 1993-94 men's and women's national team. This article gives tips on how to deal with the media and comments from national team coaches and athletes.

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NATIONAL TEAM HOLIDAY PLANS

Who makes all their presents to give to family and friends? Who wants a full twisting double back and a double layout under the tree this Christmas? Who eats spicy Cuban food on Thanksgiving? Find out by reading our special feature on how your favorite gymnasts spend their holidays!

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(left) Amanda Borden



(right) John Roethlisberger



(left) Tamara Levinson

FEATURES ON

AMANDA BORDEN, JOHN ROETHLISBERGER AND TAMARA LEVINSON

USA Gymnastics highlights three members of the 1993 National Team.

COVER PHOTO OF TAMARA LEVINSON
USA GYMNASTICS © DAVE BLAKE

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EDITORIAL

USA GYMNASTICS

WE'LL BE SKIING YOU!

By [Sandeep Kumar](#)

As you've probably heard, Mike Jankovich recently resigned as President/Executive Director of USA Gymnastics to become the CEO and President of US Skating. We wish Mike and his family well and are sure that he'll tackle his new challenges with the same vigor and enthusiasm he displayed at USA Gymnastics for 10 years.

Although I've been in the position of chairman of the board for USA Gymnastics less than a year, I have worked with Mike on numerous occasions over the past 10 years. I have had the chance to observe first-hand the tremendous contribution he has made to the sport of gymnastics and the Olympic movement. Mike really made an impact on the sport of gymnastics in general, but it's our business side that bears his brightest assets.

He recognized the importance of the athlete and coach relationship and strived to have personal coaches on the floor at the World Championships and Olympic Games. He instituted the athlete and coach incentive program. USA Gymnastics is the leader of the national governing bodies in that area, rewarding top athletes and coaches for their performance at major competitions.

He was also the driving force behind the safety certification program, which now has over 9,000 certified members and serves as the model for other sports to follow.

Perhaps the most important contribution Mike made to gymnastics is his tireless effort to raise awareness of the sport both in America and abroad. He worked closely with sponsors and networks because it was his philosophy that securing televised events will not only make the sport more visible and the athletes more popular, but it would also bring young children into local gymnastics facilities, which makes the sport grow. For the first time ever, this year's National Championships were shown in prime time on NBC Sports, making gymnastics the only summer Olympic sport to receive a prime time position.

The sponsor and TV dollars from these events allow us to expand our program and increase funding of athletes, coaches and judges support. We've also been able

to have more athletes and coaches participate in competitions, conduct more training camps, and invest in our sport's well-being by focusing attention on special areas like nutrition, sports psychology and biomechanics.

He has built a successful organization which has grown to nearly 40 employees and 160,000 members. These are dedicated volunteers all across the country who run some 5,000 events annually. Without them, we simply wouldn't exist.

He obviously has a whole host of other accomplishments, but space doesn't allow us to pay tribute to all he's done. Suffice it to say, we have all benefited from Mike's involvement with gymnastics. We are grateful for his leadership and vision. We are also grateful that he assembled a dedicated and talented staff who will help take us through this transition.

There is a quotation that says, "There is nothing permanent except change." This organization can and will deal with change. My personal opinion is that "change" is healthy. Of course, some people shy away from change because they see uncertainty. I see opportunity. I see people growing in their jobs and taking new responsibility. I see new opinions and perspectives. I see new people and projects. I see new enthusiasm and motivation. I am confident we will find the right individual to pick up where Mike left off and continue to make USA Gymnastics the premier Olympic governing body and America's favorite Olympic sport.

To make that happen, we'll all need to work together. I know that our love of and commitment to the sport of gymnastics will enable us to do just that - work together.

In the meantime, thanks so so long, Mike! We'll be seeing you!

Perhaps the most important contribution Mike made to gymnastics is his tireless effort to raise awareness of the sport both in America and abroad. He worked closely with sponsors and networks because it was his philosophy that securing televised events will not only make the sport more visible and the athletes more popular, but it would also bring young children into local gymnastics facilities, which makes the sport grow.

Turn to page 12 for an update on the search for a new President.

As a former gymnast, Mike holds a special affinity for the athletes and always tries to make their interests a top priority. We thought you might like to see what some of them had to say.

FROM PETER VIDMAR

"During my years on the Executive Board of the U.S. Olympic Committee, I frequently heard people say, 'You have the best men's sport in the Olympic family.' That praise was largely a result of Mike's tireless effort in bringing the USGF to its current prominence. I will never forget the moment that our men's team won the Olympic gold medal, and with tears in his eyes, Mike pulled us all into a huddle to congratulate us and tell us how much that victory meant for USA Gymnastics."

FROM MARY LOU RETTON

"With Mike back at the helm of USA Gymnastics, great things have happened. Gymnastics has grown to become one of our nation's most popular sports and American gymnastics has emerged as a world powerhouse! Mike's knowledge and expertise will certainly be missed."

FROM NUTCH GAYLORD

"From his early years as a gymnast, to USA Gymnastics' President, Mike Jacks has been an unstoppable force that has helped to shape our sport into what it has become today. His giving nature, his incredible energy level, and his sense of humor should serve as an inspiration to all of us. We're gonna miss ya, Mike! I wish you the best of luck in all of your future endeavors."

This Holiday season will be a very special one for me. My husband, Steven, and I just moved into our new house that we built together. On Thanksgiving, my family will sit down to a large dinner of turkey, roast potatoes, green beans, pumpkin pie, etc., and then it's a full day of football games on television. This year I will be cooking, because my family is coming to town to celebrate the holidays in my new home.

Christmas is my favorite season of all. Christmas at the Batton house is a big dinner Christmas Eve and then the whole family goes to a midnight service at church. On Christmas morning, we open all our presents.

Dear Mary Lou,
What was your best Christmas present ever?

Dee Robert
Edinburg, Texas

Dear Dee,
My best Christmas present was a few months that were given to me by my mom. I was going to my local Pool Club everyday to pick up and send backswimmers to their meets, so my mom got me a home fax machine. Ta!



Send your questions to RSH Publishing, Attn: Mary Lou, P.O. Box 10000, Plaza 301, 51 Capital Avenue, Suite 300, Indianapolis, Indiana 46221.

Dear Mary Lou:
How can you maintain your weight during the holidays with cookies, cakes and candies everywhere you go?

Kyle Koenig
Orlando, Florida

Dear Kyle,
Holiday season is upon us. Believe me, I have been hard at it to try to maintain weight. What I do is eat everything I want in moderation. I don't believe in depriving yourself! Please eat one of your favorite cookies, or have one small slice of your favorite cake. Happy Holidays!

Dear Mary Lou:
Do you respond to every letter you receive or just the ones that you answer via the magazine? Also, did you mention hand workouts; everyone you entered the gym or did you let up at some point in the year?

Randy Marzban
Plano, Texas

Dear Randy:
Although I would love to answer every letter, sometimes my schedule doesn't allow me to. For me, on average I'm traveling 17 to 20 days a month doing

speaking, appearances, etc. So, unfortunately, it is impossible to answer all the great questions that come in. To answer the ones that are asked most often for your second question, this is expected 100% effect every time we set foot into his gym. Although, weekends seemed to be less intense during the summer months. After the competition season, we would step off routines and concentrate on learning new skills.

Dear Mary Lou,
I am 17 years old and a Level 6 gymnast. I was considering whether you feel was your biggest inspiration when you were young?

Arie Broder
Tampa, Florida

Dear Arie:
I had four older while I was growing up. My older sister, Shari, who was also a gymnast, and Vicki Gammie. I wanted to do everything that Shari did and really admired her. I also remember watching Nadia in the 1976 Olympics. I was 7 years old and told my mom that I was going to be in the Olympics one day just like her.

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It's hard to imagine a sport better than gymnastics for benefiting a athlete's physical and social development. In some areas of the world, gymnastics is regarded as basic training for those wishing to pursue other sports, because of what it can do to improve physical strength, concentration, and confidence.

a younger age to the point that even our top competitive gymnasts are still children. In fact, the average age of the U.S. women's gymnastics team in the Barcelona Olympics was only 16, representing a drop in age from 1964 when the average age was slightly over 19. This difference is important, since

16 to 19 year olds may have completed most of their growth, but 13 to 16 year olds may still be in a period of peak adolescent growth. Since growth causes flat gymnasts need increased nutrient requirements, competitive gymnasts today must pay particular attention to what and how much they eat.

the recommended level (see Figure 1), and that the average energy intake (kilocalories) was significantly below that predicted for the work these gymnasts do on a daily basis. Clearly the usual equate nutrient intake and the low energy intake are related, for it becomes more difficult to get the nutrients you need if they are provided in an energy package that is too low. The

By Pam Darnell, PhD, RD, LD
Associate Professor and
Director, Sports Nutrition
Laboratory
Department of Nutrition and
Gastroenterology,
Georgia State
University
USA Gymnastics National
Team Dietitian
and Amy Myrs, RD, Graduate
Research Assistant

PROBLEMS

Women's gymnastics, however, has certain problems that may detract from its positive potential. Many of these problems often revolve around looking "just right" in a leotard. This may create a conflict between the body's preprogrammed need to grow and gymnastics saying that smaller is better. To compound this conflict, gymnasts in the U.S. have been reaching their competitive peaks at

Sources of Calcium

Table 1

Food	Portion	Gm (mg)
Yogurt, low fat plain	1 cup	415
Skin milk	1 cup	282
Swiss cheese*	1 oz	272
Broccoli, cooked	1 cup	177
Promised American cheese**	1 oz	174
Cottage cheese, low-fat	1 cup	125
Eggs†	1 cup	125
Great Northern beans	1 cup	95
Orange juice	1 medium	55
Lettuce	1 cup	38
Green beans, canned	1 cup	31
Spinach, boiled	1 cup	28
Broccoli, white, cooked	1 cup	21
Cantaloupe, peeled, no rind	1 cup	19
Cheddar cheese	2 oz	13
Salmon steak*	2.5 oz	9
Mangoes*	1 medium	4

Source: United States Department of Health, Washington, DC: US Dept of Agriculture, Human Nutrition Information Service, 1980, *Nutritive Value of Foods*.

*96% fat removed; **1% lowfat



BODY BALANCE

Figure 1 Nutrient Intake Results for 49 TOPs Gymnasts



EATING ENOUGH

Gymnasts selected into the Total Opportunistic Program (TOPs) were assessed for body composition. How much muscle you have versus fat and nutrient intake (what foods you eat) at a training camp. The results of this assessment did raise one level of concern that gymnasts may not be eating enough to insure normal growth and health. These concerns are based on the finding that many of these gymnasts had calcium (see Table 1), iron (see Table 2), magnesium, and vitamin B-6 intakes below

base nutrition principle behind this relationship is that "food is the corner of nutrients." Eating too little food often translates into eating too few nutrients. It must be understood that children who come to investigate energy have one of two choices. They can grow normally but exhibit lethargy, fatigue, and malaise, or they can exhibit a normal energy level but retard growth. The recent body composition evaluation on TOPs' gymnasts places them in the 25th percentile for lengthening, meaning that 75% of all girls that age are taller.

The reasons for not eating enough are often related to the common concern gymnasts share about becoming overly fat. However, the strategy for gaining control over intake is

Sources of Iron

Table 2 Food

	Portion	Fe (mg)
Lentils or wheat	1 padon	8.1
Great Northern Beans	1 cup	4.9
Brown neck food (lent)	2.5 oz	2.4
Peanuts	1 cup	4.9
Hamburger or a "hamburger on a bun"	1	2.2
Broccoli, cooked	1 cup	1.8
Beets, white, cooked	1 cup	1.8
Cannellini	1 cup	1.8
Spaghetti, cooked, whole	1 cup	1.7
Oatmeal, cooked, no salt	1 cup	1.6
Green beans, fresh	1 cup	1.6
"Salmon"	2 slices	1.5
Shredded wheat	7 oz	1.2
Green beans, canned	1 cup	1.2
Bean sprouts	1 cup	0.9
Flax, toasted, lean	2.5 oz	0
Lettuce	1 cup	0

Source: Bellotti, M., Morken, M., National Center of Health Statistics, Washington, DC. Weight of dry weight, from Nutrient Information Service TRIC, Bureau of the Census, DDC, 1985.

TRIC 1985 SOURCE: US. NUTRIENT INFORMATION SERVICE

USDA SOURCE: US. NUTRIENT INFORMATION SERVICE

USDA SOURCE: US. NUTRIENT INFORMATION SERVICE

Since she is in need of more energy because of this 200 calorie deficit (thus is a real physiological need for an active person, not just a desire), she eats the same sort of food she ate before and loses even more fat. You can see how easy it is for a gymnast to become more plump, and it's easy to understand why "eat less" is a common phrase in the gymnastics world, and why inadequate energy and nutrient intakes are common.

This scenario need not be, however, because a simple shift in the diet that focuses less on fat and more on carbohydrate solves the problem. The key is lowering fat intake to between 20%–25% of total calories. This is a level of fat intake that most gymnasts appear to tolerate well, still allows the consumption of most foods, and reduces the pressure to become plump. There's another benefit also. Gymnasts who reduce fat intake can actually EAT MORE FOODS so they can take in more nutrients and reduce health risks. Importantly, there is a distinctly different message when you tell a gymnast "eat all you want, just eat less fat," rather than "eat less." Our recent evaluation of TOFs' gymnasts indicates that they are already moving in the right direction, but haven't quite arrived at the desired fat intake level of 20% to 25% of total calories.

So why do gymnasts eat less when they want to lose weight? Because gymnasts haven't been told how special they really are. They haven't been told what it is, from an energy metabolism standpoint, that makes them gymnasts.

Elite gymnasts have a high proportion of fast-twitch muscle fibers that are used in the majority of all the exercises they do and events they perform. These muscle fibers

eat the slow-twitch (twitched, steamed, broiled) alternative of the same food.

■ Eat no fried food. Whenever possible eat the baked, steamed, broiled alternatives of the same food.

■ Eat no visible fat. Whenever possible eliminate visible fat from your plate. When you have toast at the morning you can use *paté* and jellies, but try to eliminate the butter or margarine.

■ Eat no prepared meal. Try to eat more meal alternatives because foods like bacon, sausage, bologna, and salami provide 80% or more of their calories as fat.

Tables 3, 4, and 5 have lists

of foods organized in high to low carbohydrate amounts. Table 4 lists foods that you should feel comfortable eating as often as you like. Carbohydrates are the preferred fuel for fast-twitch muscle fibers, so by eating carbohydrates gymnasts provide muscles with a fuel that can be used efficiently. Table 3 lists low fat foods that can be eaten frequently, but not as often as those in Table 4 because they

Table 3
Eat All You Want

Food	% Caloric	% Protein	% Fat
Applesauce	100	0	0
Most fresh fruits	100	0	0
Whole grain bread	100	0	0
Dressing, diet	86	6	0
Orange juice, strained	86	6	0
Dot, white	93	7	0
Cannellini	92	8	0
Potato, baked	91	9	0
Carcass, raw	86	12	0
Corn, cooked	87	13	0
Green beans, fresh	83	17	0
Raspberries, no syrup	86	14	0
Bread, Italian	85	15	0
Soup beans	83	17	0
Vegetable juice, iron free	82	17	0
Pasta, thin	82	11	8
Spaghetti, Macaroni	81	15	5
Pasta, broad	80	15	5
Fish, mackerel	79	19	7
Cauliflower	78	14	8
Potato, canned	71	24	5

Source: Bellotti, M., Morken, M., National Center of Health Statistics, Washington, DC. Weight of dry weight, from Nutrient Information Service TRIC, Bureau of the Census, DDC, 1985.

TRIC 1985 SOURCE: US. NUTRIENT INFORMATION SERVICE

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a strategy that often leads to stress and increased risk of stress fractures. This common strategy, is this "If I eat less I now eat tends to make me plump! I will eat less of it." There are several problems that come to our attention by using this strategy. These problems are:

■ If less food is eaten, there is less chance that the gymnast will obtain all the energy and nutrients needed for health, growth, and physical activity.

■ Food restriction increases the possibility of disordered eating behaviors, a problem that can have long-term and potentially life-threatening complications.

■ Most people can restrict food intake for only short periods of time. There is likely to be a rebound to eating even more of the wrong things, increasing rather than decreasing the opportunity for plumpness.

So why do gymnasts eat less when they want to lose weight? Because gymnasts haven't been told how special they really are. They haven't been told what it is, from an energy metabolism standpoint, that makes them gymnasts.

Elite gymnasts have a high proportion of fast-twitch muscle fibers that are used in the majority of all the exercises they do and events they perform. These muscle fibers

AN OPEN LETTER

FROM THE CHAIRMAN OF THE BOARD, SANDY KNAPP

Although we have attempted to communicate to all of our professional members through your representatives on USA Gymnastics' board of directors we may have not reached every individual. Therefore, I would like to update you on the current status of replacing the President/Executive Director.

As evidenced by the past several weeks, our business as currently staffed can and will operate efficiently and effectively and, in doing so, serve the best interest of our sport during the interim period as we seek a new President. I see no need nor benefit in appointing an acting President.

During this period of time, Alison Melangton, vice president of events and programs; Rod Davis, vice president of marketing and communications; and John Hewett, controller, will, in addition to performing their regular duties, operate as a management committee for purposes of resolving issues which extend beyond their individual departments.

I have and will continue to maintain regular contact with the office, and will, whenever possible, be included by telephone in senior staff meetings. Jack Swerbrick, the corporation's general counsel, continues to work with the organization on a daily basis and reports that the management committee concept is working well.

The process for identifying the new leader for our sport will involve several steps. First, I invited written input from the Board Members and Foundation Trustees regarding the criteria for this position and the priorities for this organization. The objective is to develop the "ideal candidate" profile before we actually begin any kind of a search. The next step is also well under way. I am pleased to report that Ron Walker, a newly elected trustee of the National Gymnastics Foundation, who also happens to be the Managing Director of Korn/Ferry International's Washington, D.C. office, has agreed to assist us on a pro bono basis. Korn/Ferry representatives are in the process of interviewing the Executive Committee, senior staff, selected sponsors and broadcast partners and the leadership of the USOC and AGCO. Profiles on the position have been submitted to Korn/Ferry by Nancy Mandell, vice chair for women; Jim Howard, vice chair for men; Norma Zobla, vice chair for rhythmic; and Wendy Hillard, Athletes Advisory Council chairman. These profiles were created through their discussions with members of their specific disciplines.

By the time you read this, Ron Walker will have presented the results of all the information gathering including the ideal candidate profile to the Board of Directors at their November 12 meeting. I also anticipate that Korn/Ferry will make a recommendation regarding the process we should follow from that point forward. The Executive Committee and Board of Directors will then discuss the next step in the process. It is my goal to have a president identified shortly after the first of the year.

I hope this helps explain where we are, what we're doing and how we're doing it. I appreciate your confidence and cooperation in our plan to pursue the best person available to serve as our new president during this critical quadrennium and for future years. We are one united family in this sport and every step in this process is being designed to select the best individual to lead us

Barrie Gable & E. Mathews, MS
British School of Food
Washington, DC 20004-2205
Mammals for the 1996 Atlanta
Olympic Games

Table 5

High-Fat Foods Eat Infrequently

Food	% Calorie	% Protein	% Fat
Chocolate chip cookies	49	4	47
Ice cream, vanilla	47	7	46
Doughnuts, cake-type	44	4	50
Homemade pie or bar	43	7	38
Milk chocolate candy	42	5	33
Cream cheese, New England	41	22	38
Cheese rings, hamched	40	5	36
Mousse and chesse	39	8	45
1000 calorie diet dessert bar	31	0	87
Loca	31	18	51
Oysters, Fried	24	24	53
Almonds	22	12	76
Sour cream	13	0	57
Peanut butter	12	19	89
Macaroni part diet	9	40	56
Eggs, whole fried	4	26	69
Cheddar cheese	3	29	74
Margarine, spread	2	8	100
Ham, mashed, canned	1	53	47
Beef salami, lean sliced	1	40	59

carbohydrates, but they don't have any other nutrients that gymnasts need. These "empty calorie" foods should be reserved for a time when the gymnast knows she's already eaten well.

Choosing the right low-fat, high carbohydrate foods can make

Table 4
Low-Fat Foods Eat Frequently

Food	% Carbo	% Protein	% Fat
Cottage cheese	75	12	11
Instant rice cereal	75	12	13
Tofu, firm	75	8	18
Tomato soup	72	9	19
Yogurt, plain	67	8	25
Cheesecake, 75% low fat	64	20	14
Broccoli, whole 45% fat	61	26	11
Mushrooms, sauteed	60	22	17
Chicken nuggets	59	20	22
Steak dinner	55	26	22
Cream cheese	50	26	22
Milkshakes	50	26	22
Asparagus, cooked	52	20	15
Skin rolls	57	28	10
Yogurt, fruitful, plain	50	20	24
Cottage cheese, 2% lowfat	47	65	19
Egg white	0	100	0
Tuna, canned in water	0	93	7
Chicken breast	0	80	20
Roasted	0	85	12
Flounder, skin, baked	0	79	21
Turkey, light meat, roasted	0	79	21

Barrie A. and Michael B. Mathews, MS, British School of Food, Washington, DC 20004-2205; Mammals for the 1996 Atlanta Olympic Games

"The word "skim" will be used in place of fat-free, high fat-free percent, dairy, and oil-free words that refer to a person's relative fat level because these often times have a negative connotation."

Source: Robert M. Matthews, MS, Nutrition Agency of Andy Mathews, DC/MS Board Certified, Human Nutrition, University of Texas FPO, Mass and Radio, Dallas, TX.



TALENT OPPORTUNITY PROGRAM

Approximately 280 girls ages 9 through 11 attended a Talent Opportunity Program National Testing, held October 6-10 in Indianapolis, Indiana.

These 280 girls qualified to attend the TOP's Testing by their outstanding results at regional testing. The top girls at the national testing are invited to attend a training camp in December.

The benefits of the program:

- Provide individualized computer analysis of physical characteristics both strengths and weaknesses
- Reach high level performance through reduced training/development time
- Enhance the effectiveness of coaches first
- Increase an athlete's self-confidence
- Directly interface with national coaching staff and sports specialists
- Reduce individual's performance learning factors
- Design a better approach to training
- Continue assistance in athlete's development
- Access to TOP's computer information service (Manual Test)

If you would like to read more about the program you can order the Talent Opportunity Manual for \$10.00 through USA Gymnastics Merchandise Department at 317-237-5060.

The photos shown in this article were taken from the May 1992 training camp held in Birmingham, Alabama.

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Brandy Johnson

U.S. Olympian

Teodora Ungureanu

Romanian Olympian

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Soviet Olympian

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- Six required classes each day
- Two open work outs
- Dance class
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Evening Activities

- Evening tumbling demonstration by our world renowned staff
- Demos on tumbling, Olympic events, and tumbling trampoline
- Gymnastics contests for all levels
 *Prizes * Awards * Fun
- Camper and staff skit night
- Awards night and banquet





1993 CONGRESS USA GYMNASTICS

This year's annual Congress was held in the host city for the 1996 Olympic Games—Atlanta, Georgia. Many said that this was the best Congress in history due to the materials presented and the superb accommodations at the Marriott Marquis.

A new tradition was developed at this year's annual event. The outstanding individuals and contributors to the sport were recognized for the first time ever at the Ceremony of Honors. Ron Thulin, who serves as a play-by-play announcer for Turner Sports, working primarily on TNT's coverage of the NBA, was the Master of Ceremonies. He has also covered the 1992 Winter Olympics, Goodwill Games and Pan American Games. Turn to page 46 for a list of the award winners.

During the banquet, USA Gymnastics was fortunate to hear from one of the most important individuals in sport—Mr. Billy Payne the President and CEO of the Atlanta Committee for the Olympic Games. Mr. Payne spoke of the importance the 1996 Olympic Games will have on each one of us and gave a truly inspirational speech on the upcoming Games. (continued on page 46.)



The USA women's national team had a training camp in Atlanta the same time as Congress. Many of the team members came to the Best Banquet. Pictured here from left to right: Jessica Mathews, Belinda Davis, Jessie Marisol, Elena Stev, Andrea Pitkens, Rachel Rachell, and Seana Katalin.

Right: Chairman of the Award Study Committee Bill Keay with the newest feature in the 1996 Olympic Games "infotab" page for a quick shot.



Left: USA Gymnastics President Mike Jack presents Julie Fe, President of the BE Women's Technical Committee, with a distinguished achievement award.

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media training seminar

Judy Carter has been in the media and marketing business for 20 years. She has been a television reporter, has hosted several sports media call-in talk shows and has done sports commentary for the Chicago Bears and the Cincinnati Bengals for the National Football League.

Prominent athletes she has represented include Frank Gifford, Billie Jean King, Muhammad Ali, Karen Abdul Jabbar, Walter Payton, Peggy Fleming and more. She appeared in international ads and was in countless TV and radio shows such as Oprah Winfrey, Phil Donahue and P.M. Magazine (featuring Gennarino Montes). Currently, Judy has formed her own company specializing in media training and public speaking and has many clients including the U.S. Ski Team.

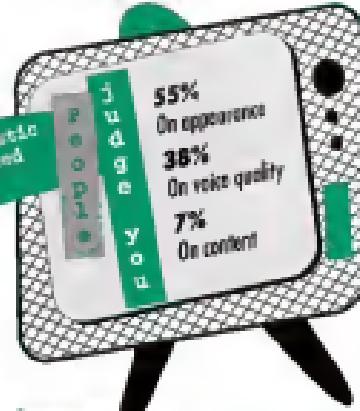


JUDY CARTER

"It's always a pleasure training the best athletes in the nation. My experience shows that when top athletes are receptive to media training they become even more well rounded as individuals."

JENNI BEATHARD

"Media training helped me a lot because I've now got the national press with the media. Judy Carter made a lot of points on how the media is today. There's a hurry, that's why they're in a hurry, I didn't realize that before, so



Jenni Beathard is a current member of the women's national basketball team.

Some of the things that Judy discussed in the media training seminar are covered in this article. Maybe the tips will help all of you aspiring gymnasts. We've also included some comments from members of our national team and from Judy Carter!

Just for fun, try doing an interview with a friend. First make a list of questions and ask your friend. Next have your friend ask you the same questions. You may find it's not as easy as you think. Remember practice makes perfect just like anything else!



BRENT KLAUS

"I've never had any type of training like that before so the active seminar was very helpful to me. I feel much more comfortable with the media now. After Winter Nationals I did an interview with a reporter and I was a little nervous but now after learning what to do and what to expect I feel more confident!"

7 steps to surviving the media

- ① Determine your role
- ② Mentally prepare
- ③ Practice makes perfect
- ④ Check appearance
- ⑤ Relax
- ⑥ Stay on track
- ⑦ Enjoy yourself

Members of the 1993-94 National Men's and Women's Team had the opportunity to attend the first ever National Team Meeting, following the Coca-Cola National Gymnastics Championships in Salt Lake City. Many areas were covered including History, Business, Communications, Psychology, Health, and other specialty topics.

Judy Carter from Park City, Utah, conducted a media training seminar which covered many topics including:

- 1) Who are the media?
- 2) How do I make an impression on the media?
- 3) The power of the media.

JUDY CARTER

"The gymnasts were rewarding to deal with because they had an open mind. The gymnasts are not only great athletes, but great people."



Judy Carter,
Media Training
Seminar Leader,
Utah, USA

CHRIS WALLER

"Being a former Olympian and being exposed to the media that came with it, the media training seminar helped me to understand how to relate my responses to the general public. Judy Carter helped us to realize that just like our sport, if you're prepared for the media you'll be successful. If you think about your answers before an interview, it makes you look competent and well-prepared. The media training spelled out the best way to present yourself in front of the media."



DEBBIE KAITSCHUCK

"I noticed that the more interviews the athlete did that body language is so important. It's all in how the gymnast says something not so much what they're saying."

Debbie Kaitischuck,
Media Training
Seminar Leader,
Utah, USA

on site interviews

- Be clear and concise
- Be truthful
- Be positive
- Deal with the facts
- Don't speculate
- Remain cool and confident
- Don't lecture
- Don't put down fans, other athletes, or yourself
- Avoid sports jargon
- Don't mentally relax
- Laugh at yourself
- Don't be intimidated
- Remember your message

JAMIE MARTINI

"I learned that the media's job is important to both me and them. I also learned that appearance, the way you stand, use your hands, etc., is also very important to what you're saying. I never thought of doing those things."



Jamie Martini,
Media Training
Seminar Leader,
Utah, USA

ED BURCH

"It was informative. I know a lot of the things she discussed and I take this stuff to heart because I think it's important. I think our athletes aren't afraid to have personality. We should want personality."

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EVENT SCHEDULE

NOVEMBER

Date	Event (City, State, Day/Week)	Location
11/13	World Power Cup (NY/W)	Tel Aviv, ISR
11/15	W. Team Olympic Diving Program Invitational (A)	Colorado Springs, CO
11/18	Nike International (NY/W)	Sydney, AUS
11/21	Denmark Cup/Tokyo Cup & Invitational (A/W)	Rugby, Tokyo, JPN
11/22	Lithuanian (W)	Calgary, AB
11/23	Best Coke World Meet's (A/W)	Melbourne, AUS

DECEMBER

12/3	Watson's U.S. Training Camp (NY/W)	Brainerd, MN
12/4	Bill Price (M/W)	Malibu, CA
12/5	Memorial Meet - '93	Berkeley, CA
12/8	1993 Junior Pacific Games	California, AUS
12/13	St. Pete American Championships (A/W)	Merano, ITA
12/16-17	World Team Training Camp (International) (W)	Colorado Springs, CO

JANUARY 1994

1/3-14	World Team Training Camp (International) (W)	Colorado Springs, CO
1/15	Beach - World Gymnastics Cup (W)	Belmont, MA, USA

FEBRUARY

2/5	U.S. Winter Cup Challenge (A)	Colorado Springs, CO
2/6-17	Regionals (USA West) (W)	Yellow Springs, OH

MARCH

3/5	McDonald's American Cup (W/W)	Orlando, FL, USA
3/6	Int'l Street Meet (W/W)	IA, USA
3/13-27	American Cup (National) (W)	IA, USA

APRIL

4/1	NCAA Regional (W)	WA
4/6	NCAA Regional Meet (W)	Denver, CO
4/13	International Pacific Games (A/W/W)	Denver, CO
4/14-17	USA Gymnastics Collegiate Championships (A/W)	Orlando, FL
4/15	USA Gymnastics Nat'l Invitational Invitational (W)	Orlando, FL
4/16-17	USA Level 10 Regional Meet (W)	Orlando, FL
4/18-19	1993 WPIA WORLD CHAMPIONSHIPS (A/W)	Orlando, FL
4/22-23	USA National Gymnastics Championships (A)	Orlando, FL
4/23-24	USA Advanced Gymnastics Championships (W)	Orlando, FL
4/29-May 1	Junior Olympic Championships (W)	Orlando, FL
5/1-5/2	J.G. Regional Meet (W)	Orlando, FL

MAY

5/14	IBG Loggers	General, SD
5/17	Coca Cola Southern Nat'l Championships	Elkhorn, NE
5/18	J.G. Nationals: Level 10 (W/W)	Anytown, SD
5/19	J.G. Nationals (W)	Anytown, SD
5/19-20	J.G. Nationals: Level 10 (W/W)	Anytown, SD
5/21-22	International Youth-Jung (W)	Henderson, NV
5/24-27	Kids' Challenge, Indianapolis (National) (W)	Roanoke, VA

* = Invitational (Note: A. Events Subject to Change or Cancellation)
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Vladimir Novikov - Soviet Olympian

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AMANDA BORDEN

all-american kid

By Lynn Preckel

Birthday: May 10, 1987

Hometown: Cincinnati, Ohio

Height: 5 feet

Weight: 95-102 pounds

School: Shreytman High School

Year: Junior

Favorite Class: Algebra II and Physics

Future Career Goal: Go to college and become a Physical Therapist, Sports Psychologist or Endocrinologist

Family: I live with my mom, dad, and 20-year-old brother.

Favorite Athlete: Michael Jordan

Favorite Gymnast: Svetlana Boginskaya. I like her style. She's so elegant.

Favorite Singer: No one really. I like all kinds of music.

Favorite TV Show: I don't get to watch much TV but I do like *Reenie 3rd* and *Mister She*.

Favorite Food: Bass Fish

Place You Would Love to Visit: Australia

Favorite Event: Floor and Bars

Favorite Skill: Double front tuck-out dismount on bars.

Best Advice I Ever Received: Our mom saying last year was—"Relax, God's in Charge!" I really like that saying.

Known for her "Pepsodent" smile and good natured personality, Borden has risen to the top of gymnastics and earned the title "All-American Kid."

Borden, like many gymnasts, started gymnastics at age seven. Her friend was taking lessons at Tri County Gymnastics in Cincinnati so that's where it all began for Amanda.

When asked why she got involved with gymnastics and not another sport she said, "My parents wanted me to do gymnastics because I was always flipping around the backyard. I did many sports when I was young—soccer, ice skating, soccer and, of course, gymnastics."

Amanda dropped one sport at a time as the number of hours she spent in the gym increased. "I dropped ice skating, then soccer," she said. By age 10, Amanda was doing only gymnastics.

"I think gymnastics has helped me to manage my time and set goals," claims Borden. "You also learned that even if you don't achieve your goals you've learned a lot on the way and you should be proud of yourself for your achievements."

Borden shifted to Cincinnati Gymnastics Academy in October of 1989 and trains with four other elite gymnasts under coaches Mary Lee Tracy and Karla Brown. "We also train with the Level 8, 9 and 10 gymnasts, too," said Borden.

One can tell, just by watching Amanda perform, that she enjoys every minute of what she is doing. She definitely fits the definition of the All-American Kid!

Borden summed it up best saying, "I have a lot of fun competing. I like to perform in the crowd."



JOHN ROETHLISBERGER

All in the family

By Lynn Peacock

John Roethlisberger, the number one ranked gymnast in the country, is in a unique situation—his father is also his coach.

Roethlisberger comes from a very athletic family. His father, Fred, was a member of the 1968 Olympic gymnastics team and his sister, Marie, was a member of the 1984 Olympic gymnastics team. Roethlisberger joins the elite group by making the 1993 Olympic gymnastics team.

"My family doesn't put pressure on me," said Roethlisberger. "I know they will love me no matter what I do. I get pressure on myself though. When I saw the 1992 Olympic Trials rolled around, I wanted to be able to say that we have three Olympians in our family."

John started going into the gym where his father coached, University of Minnesota, at age three.

"The gym was like my little playground," said Roethlisberger. "I had fun and played. I didn't begin to formalized gymnastics class until I was seven years old."

It wasn't until 1991 that Roethlisberger realized that he wanted to dedicate himself to the sport as a career. "I attended the Olympic Games and saw the men's team win the gold medal and I began to working out with the team," said Roethlisberger. "I knew I wanted to get serious."

Get serious is exactly what he did. Now, at age 23, Roethlisberger is the only gymnast ever to win three USA Gymnastics all-around titles and three USA Gymnastics all-around titles. In addition, he received Athlete of the Year for 1990, 1992 and 1993 by his national teammates. He was also winner of the 1991 Nissen Award and 1992 and 1993 NCAA Academic All-American.



John's dad, Fred, is a former college basketball player and coach. My dad had one different idea when I was younger but when I got older he would just sit and watch and I would just sit there and listen to him talk. Being his son is my goal. He is a great person and a great coach.

Birthplace: Houston, TX

Hometown: Alter, Minnesota
Height: 6'1"

Weight: 186 pounds
College: University of Minnesota
Major: Economics

Favorite Class: Video Production

Father Class: Great International Relations
Hobbies—I'm taking German and I would like to buy and sell more exercises and get into international trade.

Favorite Athlete: My sister because she's my role model and I'd watched her and how hard she worked. I watched her success and how she handled all her successes and failures. She's tough and she was a great gymnast.

Second Sport: Basketball
Favorite TV Show: The Fresh Prince

Favorite Color: Maroon and Gold
Almondine Gophers colors

Favorite Food: Cheesecake
Places I Would Most Like to Visit:
Australia

Favorite Book: Timeless Stories
Favorite Skill: Double rotating double high bar



TAMARA LEVINSON

Rhythmic Gymnast [Champion]

By Steven Solovaychik

Tamara has the highest all-around finish at a World Championships competition of any U.S. rhythmic athlete

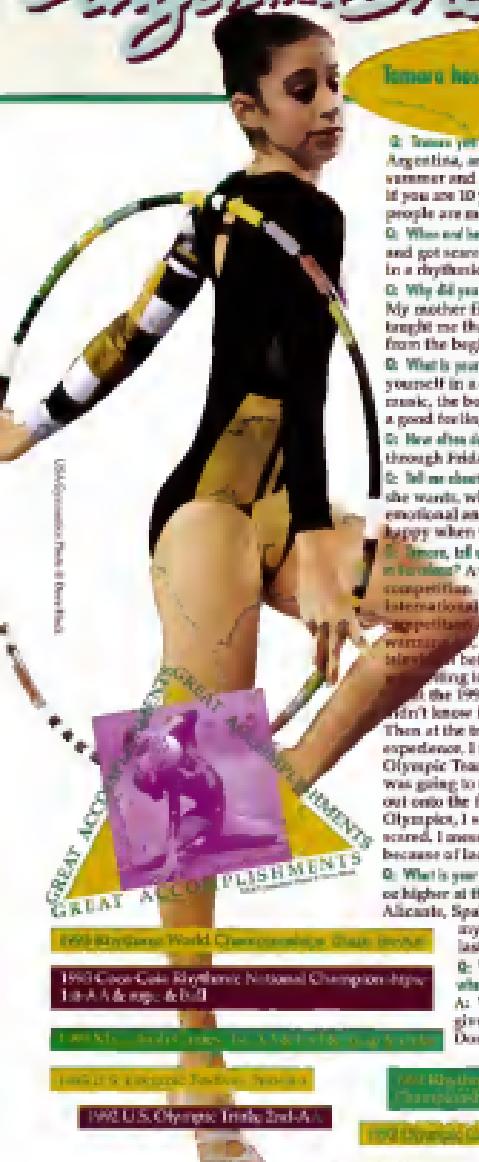


Photo © Tom & Debby



1991 Rhythmic World Championships, Team, Silver

1993 Coca-Cola Rhythmic National Championships, 1st-A, 3rd, 4th, 6th

1994 N.Y.C. Grand Prix, 1st, 3rd, 4th, 5th, 6th, 7th, 8th

1994 U.S. Olympic Festival, Specialized

1995 U.S. Olympic Trials, 2nd-A

1995 U.S. Olympic Trials, All-A, 4th, 5th, 6th, 7th, 8th

Q: Tamara, you were not born in the United States, right? A: I was born in Buenos Aires, Argentina, and I came here when I was five, 11 years ago. I used to visit last summer and I love Argentina. There is a lot of night life there—for every one. Even if you are 10 years old, there is something to do at night, like go dancing. The people are more "alive" there.

Q: When and how did you start rhythmic gymnastics? A: I did artistic gymnastics for 10 years and got scared because I was not strong enough to handle. My younger sister was in a rhythmic program in the gym, so I decided to try it.

Q: Why did you decide to follow a competitive career in rhythmic? A: I never really "decided." My mother firmly believed that once you start something, you finish it, and she has taught me that. So when I started the rhythmic program, I took it very seriously from the beginning. I never did it as just for fun or as a hobby.

Q: What is your favorite thing about rhythmic gymnastics and about competing? A: You can express yourself in a different way, not just by talking. You do it through your routines, the music, the body movements. About competing, when you do good and go away with a good feeling, you are satisfied with what you had done.

Q: How often do you practice? A: I go to school from 7:15 a.m. to 12:30 p.m. Monday through Friday. Practice is from 1:00 p.m. to 5:00 p.m., and again on Saturday.

Q: Tell us about your coach. A: Catherine is very strict and very tough. She knows what she wants, when she wants it and how she wants it. But inside she is very emotional and loves her gymnasts. She puts all of herself into her athletes and is happy when we do well. She is a great coach.

Q: Since, tell us about your Olympic Games experience in Barcelona? A: The best part was the competition. I had never been to an International meet before, and the actual competition was a shock. It was exciting to be surrounded with all the people I watched on television before. What I most memorable, though, was the Olympics. I was nervous for the 1993 Rhythmic Nationals, because I didn't know if I would make the U.S. team.

Then at the trials, I was just competing for experience, I never dreamt I would make the Olympic Team. Suddenly I was second and I was going to the Olympics. When I marched out onto the floor for my ball routine at the Olympics, I saw all the people and got really scared. I missed up the routine. I know it was because of lack of experience.

Q: What is your goal? A: My goal is to place 15th or higher at the 1995 World Championships in Alicante, Spain, November 4-7. I want to beat my 15th place all-around finish from last year's World Championships.

Q: What advice would you give young girls who want to do just like you? A: Work hard, but most of all, don't give up when it gets tough. Don't quit!

Born: November 17, 1976 in
Buenos Aires, Argentina

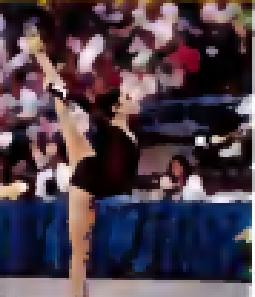
Club: Rhythmic Gymnastics in
Silver Spring, Md.

Coach: Catherine Yakimovich
School: Montgomery Blair High
School

Grade: 11th

Favorite Break Hoop

Hobbies: Jazz dancing, collecting
antiques, listening to music,
going to movies



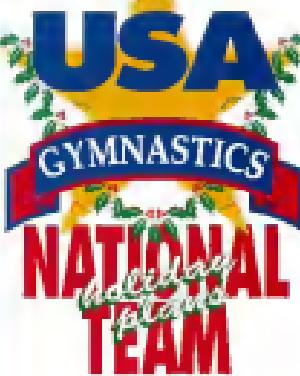
SHANNON MILLER

World Champion

My mom, dad, and brother (who will be 13 on December 13) and I will have a Thanksgiving dinner. I don't think my sister will be able to come home from college. She's at Cal Tech. I mainly just like the turkey. I'm a pretty picky eater. Christmas is my favorite holiday.

Christmas day we open gifts in the morning and have dinner later in the day. A day or two after Christmas we drive to San Antonio, Texas to see my grandparents. It's fun getting to see all my relatives. I'm going to ask Santa to bring my sister home from college for Christmas.

Age: 19
Residence: Houston, Tex.
Gymnastics: National Team Member & Gold Medalist



CHRIS WALLER 1992 Olympian

Age: 23
Residence: Mt. Pleasant, Ill.
Gymnastics: Olympic Gold Medalist
Skills: Acrobatics & Pole Vaulting



For Thanksgiving Cindy (my new wife) and I are going to my family's house in Illinois. This will be the first time I've had Thanksgiving at my family's house since 1994. The past few years I've always been on an international gymnastics trip during this time. I'm really excited. I haven't had my mom's cooking in years. We'll spend Christmas with Cindy's parents in Oregon skiing. I'll ask Santa the same things I've been asking for years—a bass guitar, a new motorcycle and a subwoofer speaker.

EILEEN DIAZ

Coca-Cola National Championships
Medalist for 7th All-Around Junior Division

I live with my mom, nine-year-old brother and 13-year-old sister in Houston. I also have another brother who is 20 and he's in college. My dad lives in Puerto Rico because that's where his job is. My parents live apart so that I can train in Houston.

Thanksgiving is really special because my dad will come to Houston and we'll all be together again. For Christmas I'm going to ask Santa for a walkman and that's about it. I like gifts but not too many. I like giving gifts and making people happy.

Age: 14
Residence: Houston, Tex.
Gymnastics: National Team Member & Gold Medalist
Skills: Floor Exercise & Beam



The Holidays are the most special times of the year! We thought it would be fun to find out what our national team members do on their holidays.



JENNIE THOMPSON

1993 Junior National Champion

I live with my mom and brother in Oklahoma City so that I can train at Dynastar. We always do a big family affair at Thanksgiving and Christmas. My dad and grandparents will come to Oklahoma for Thanksgiving. The most special part of Christmas is getting to see family and friends. Our family used to go snow skiing for Christmas. I started skiing at age 3 1/2 and started gymnastics at 5. But now there's not enough time over Christmas to go to the mountains. We make all of our own presents to give to family and friends like wooden deer, different kinds of wooden soldiers, sweatshirts and other stuff. We make a lot of craft things. I'm hoping to get clothes for Christmas (she wears a size 7 or 8 in children's clothes and a size 3 in shoes).



HINTS FOR HAPPY HOLIDAY EATING

By Dr. Ben Roemer, PhD, RD, LD, Associate Professor, Human Sports Nutrition Laboratory, Department of Kinesiology and Nutrition, Georgia State University; USA Gymnastics National Team Physician; and Amy Joy, RD,注册营养师。

Remember, holiday meals are for everyone to enjoy, including you! Your whole family will eat better by following these suggestions.

Go for your favorite holiday dish, but consider these tips:

- If your turkey is turkey, leave off the skin, and bake the stuffing separately.
- If you hope for ham, trim the fat.
- If your plum pudding is pre-cooked, go easy on the gravy.

Balance your holiday meal with vegetables.

If someone cooking with ham or bacon isn't too afraid to make healthy cooking suggestions to your family this year!

• Corn on the cob and mashed potatoes are just as great with low-fat margarine!

• French fries with onions is a tasty alternative to creamy peas.

• Try fresh sweet potatoes instead of canned sweet potatoes, with marshmallows topping, or try baking sweet potatoes.

Successful frostings:

• Frost salads with little-to-no mayonnaise or made with low-fat mayonnaise are healthy choices. Also, jello fruit salads are great alternatives to mayonnaise. Don't forget that a beautiful fresh bowl of fruit tastes as good as it looks.

Dessert delights do not have to be decadent:

• A serving of graham pie not only has half the calories and fat as pecan pie, but also provides one-third of the Recommended Daily Allowance for Vitamin A!

• By a few sips and eaten instead of melted instead of cake,

• Frozies have about half the fat of old-fashioned pound cake.

What to drink and be merry:

• Hot apple cider is a pleasant low-fat alternative to eggnog, which has 25 grams of fat in an eight ounce serving!



PHOTOGRAPH BY JEFFREY D. STONE

JESSICA DAVIS

1993 U.S. Olympic Festival Rhythmic Champion

Over Thanksgiving my mom, dad, 13-year-old sister and I go to Lake Tahoe skiing. Oh yeah, and my dog Gypsy. Then we have a big dinner and invite friends. I'm Jewish so we celebrate Hanukkah. We light candles and give presents for eight nights. sometimes, on my school break, we go to Lake Tahoe skiing on Christmas Day. My mom makes a special meal one night of Hanukkah.

RACHEL ROCHELLI

1993 Coca-Cola National Championships 9th All-Around

During Thanksgiving my mom, dad, 18-year-old sister and I have a turkey dinner. On Christmas day we usually wake up and open presents and have brunch. Sometimes we go over to a friend's house. I'm going to see Santa for an MG sports car, but if I can't get that, I want clothes and a walkman.



Top 10
Rhythmic Gymnastics, Inc.
Coca-Cola National
Championships
9th All-Around

BILL ROTH

1993 Coca-Cola National Championships 6th All-Around

I'm looking forward to going home to New York for Christmas. I'll eat a lot, enjoy the food my parents cook and get visited by my folks. We have a tradition of having a six course seafood dinner on Christmas Eve complete with lobster. We eat by candlelight and my older brother and younger sister and parents and I are all together. I'm going to ask for a car for Christmas. Probably won't get it but it's always good to ask anyway. Don't care what kind of car, just one that works.



Top 10
Rhythmic Gymnastics, Inc.
Coca-Cola National
Championships 6th All-Around

TANYA MAIERS

1993 Coca-Cola National Championships 2nd All-Around Junior Division

I look forward to the turkey on Thanksgiving. This year my dad (who lives in Atlanta) will come and have Thanksgiving with my mom, nine-year-old brother and I. (Tanya is from Atlanta and moved to Oklahoma City with her mom and brother to train at Dynamos.)

My dad will also come to Oklahoma City for Christmas. On Christmas morning we get up and open presents and then go to church. Then we come home and play with toys and try on clothes and stuff. I wish Santa could bring me some gymnastics skills like a full rotating double back and a double layout and a new vault that has a high start value!

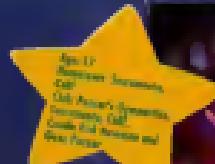
CHALLEN SIEVERS

Junior Rhythmic National Champion

My mom will cook dinner over Thanksgiving and our relatives will come over. I like ham and she usually has that for dinner. This Christmas we're going to Florida for vacation. After Christmas I have a group training camp in Colorado Springs. My mom, dad and 21-year-old brother build a candy house every year for Christmas. I love jewelry so I'll probably ask for all kinds of it for Christmas.

**MICHELLE
CAMPI**
1992 Olympian

My mom and grandma cook all day before Thanksgiving. My favorite dish is my mom's cheesecake—I always eat special occasions! Last year we invited many people for Thanksgiving from different nationalities—Puerto Rican, Russian, Romanian, Japanese, Korean, South African. It was a lot of fun. This year for Christmas I'll be training because I'm going to the Alpha Fest. We have the day after Christmas. In the gym we have a Secret Santa where we draw a gymnast's name and then buy that person gifts. It's always a real challenge to keep what you have a secret. When I was younger we recognized "Three Kings Day" on January 6—it's a Puerto Rican holiday. We would put guava and water out for the camels. The idea was that the three kings were coming to see the baby Jesus. I'm asking for a car for Christmas if I hope to get my license by Christmas time.



MIHAI BAGIU

1993 Coca-Cola National
Championships 7th All-Around

This will be the second Thanksgiving for my wife and I together. I'm the cook of our family and I'll probably cook a turkey, mashed potatoes and stuffing. Christmas is basically the same—we'll make a dinner on Christmas Day. I'll ask Santa for some clothes and a motorcycle.



© 1993 Michael Bagiu

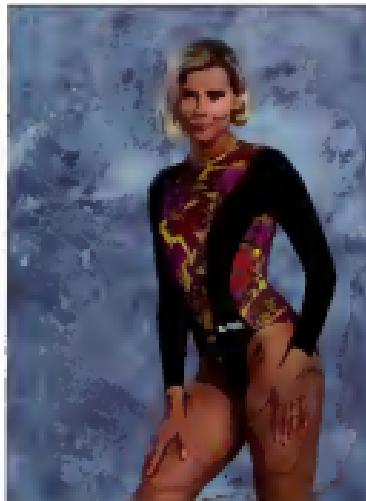
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PAGE 45!**



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AAI American is one of the leaders in the line of gymnastics apparatus. AAI American was one of the first sponsors of USA Gymnastics! They have been in business for 36 years and have been guided by one basic idea, "We believe athletic performance should never be limited by equipment." That's why AAI American is constantly striving to provide the best possible equipment to you—the athlete.

Because they care about the sport, AAI American has introduced another new product called Z-Mat, which utilizes advanced angular interaction in the fold design. What does that mean? Simply put, the Z-Mat is a traditional landing mat but it has a 45 degree angled seam which eliminates the concern of a mat bottoming out when you land on its seam. "When you look at the sole view of the mat it looks like a Z, hence the name," said Ken Cyweski, director of marketing for AAI American.

"Gymnastics levels should many challenges to make it safe for all gymnasts who come in all shapes, sizes and ability," said Cyweski. "AAI's goal is to not inhibit performance but to enhance performance. In developing products like our new Z-Mat, we feel like we've developed a safer landing mat with the gymnast in mind."



AAI American provides equipment to nearly all USA Gymnastics events, including the 1993 Coca-Cola National Gymnastics Championships, held in Salt Lake City, Utah.

AAI's goal is to not inhibit performance but to enhance performance. In developing products like our new Z-Mat, we feel like we've developed a safer landing mat with the gymnast in mind.

Recently AAI American took youth fitness to another level by incorporating early education in their products. "We want to make education fun and we want to promote learning with activity so we introduced Geo Shapes," said Cyweski.

Geo Shapes create a multilingual, multi-colored playground that lets kids have fun while they learn basic colors, numbers and shapes.

The purpose of the GeoLine is not only to promote fun and safe activity but also early learning. It's very elementary and can be incorporated in daily play.

If you have questions regarding products, contact AAI American 1-800-247-3878 or your local AAI American distributor.

Be on the lookout for the AAI HOLIDAY MAT SPECIAL advertised on page 9 in this issue!

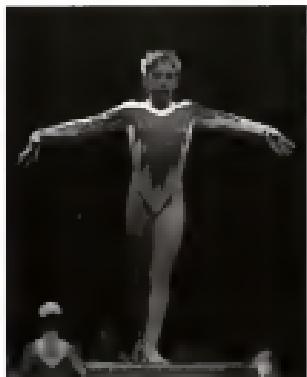
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CORRECTION

Meredith Webster, who turns 15 on December 14, earned the all-around bronze medal in the 1992 U.S. Olympic Festival. Her picture was supposed to be with her caption in the September/October issue on page 18; however, a photo of Jennifer Thompson ran in its place.

Congratulations on winning the bronze and sorry for the mistake, Meredith!

FOCUS in the gym



KARA REIGHARD
MET PLATE, MIAMI, FLA.

At 10 years old Kara is a member of the Miami Gymnastics in the Met Plate, Fla., area. She began gymnastics at age 3. Kara's favorite sport is basketball. Kara's best achievement is being a member of the Miami Gymnastics team and for making many new friends. Kara's favorite quote is "I can do it."



NORMAJEAN MASON
SACRAMENTO, CALIF.

At 10 years old Normajean is a member of the Sacramento Gymnastics in Sacramento, Calif. Normajean loves gymnastics because it lets her express herself. She also likes the social aspect of it. Normajean's best achievement is being a member of the all-around team competing at a Level 3 meet. Normajean's favorite quote is "Never give up."



EMILY CHELL
ALLISON, WISCONSIN

At 10 years old Emily is a member of the Allison Gymnastics in Allison, Wis., and is the all-around champion of the 1992 Wisconsin State Gymnastics Competition. Emily is the champion of the 1992 Valley of the Mississippi Regional Gymnastics Competition. Emily's favorite sport is basketball. Emily's best achievement is being a member of the Golden Girls and winning a 1992 Level 3 Class B National All-around Champion.

Would you like to be included in the Focus in the Gym Section? Send a recent photo and a paragraph of information to: USA Gymnastics, Focus in the Gym, P.O. Box 300, Capitol Ave., Suite 300, Indianapolis, IN 46225.

USA GYMNASTICS EDUCATIONAL PUBLICATIONS

W O M E N ' S

COMPULSORY TEXT

■ USAG Junior Olympic Compulsory Program, Levels 1-4, 5-7 and 8-10—
USAG

1993 © USAG, Indianapolis, IN 46268
Highly Rec.
Gymnastics
800-321-2200

WOMEN'S COMPULSORY MUSIC CDS/TP

■ All four tracks for "90's"—
1993 © USAG

CD 100 \$10.00

COMPULSORY MUSIC LEVELS 1-4

■ Revised and newly edited
1993 © USAG

CD 100 \$10.00

COMPULSORY MUSIC LEVELS 5-7 & 8

■ Revised, newly edited. All new Level 8.

CD 100 \$10.00

REGULATORY ENTRY POINT LEADING MUS.

■ Training tape
1993 © USAG

CD 100 \$10.00

REGULATORY SUPPLEMENT

■ Additional rules and elements (including dismounts and descriptions for vaults and elements not listed in the Code of Points) that USAG has developed to assist you in your competition to ensure the integrity of the new Code.
1993 © USAG \$10.00

CD 100 \$10.00

■ JUNIOR RHYTHMIC FOR ADULTS AND COACHES

■ The techniques and regulations for the Junior 10 program. This second edition of the Code of Points includes modifications of the changes and additions of the Code for Senior 10 levels. First in complete with examples of moves, photos, etc.
1993 © USAG \$10.00

CD 100 \$10.00

SCORING SHEET FOR REG. PROGRAM

■ A simple sheet of paper that is optional judging. Some programs allow use of the judges' sheets.

CD 100 \$10.00

J.D.P.'S JOURNAL

■ Complete explanation of the Women's Team Opportunity Program. Includes full explanations of points and rules, all forms, and all required items.

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JUNIOR OLYMPIC AWARDS PROGRAM

CHARTS

■ Gymnast Total chart. Blueprint cards, 30 patches, 10 pins and 10 Level 1 certificates
1993 © USAG

CD 100 \$10.00

RANK CHARTS

■ Levels 1-4: Blue chart of 40 students.

CD 100 \$10.00

■ Level 5: Blue chart of 40 students.

CD 100 \$10.00

■ Level 6-7: Blue chart of 40 students.

CD 100 \$10.00

REPORT CARDS

■ Gymnast achievement chart for Levels 1-4 and achievement chart
1993 © USAG

CD 100 \$10.00

REPORTS

■ The information the coaches enter in the Level 1 program is on one page.

CD 100 \$10.00

EDUCATION PGS

- Continuation completion of Levels 1, 2, 3 and 4. 20 sets per book
1993 © USAG
- CROSSES
- Green Recognition award for Level 1-20 in a pack
1993 © USAG
- Purple Recognition award for Level 3-20 in a pack
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- Silver Recognition award for Level 4-20 in a pack
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- Blue Recognition award for Level 7-20 in a pack
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MEN'S

BASIC SKILL ACHIEVEMENT PROGRAM (BSAP)

BASE LEVEL ACHIEVEMENT PACKET

- A four level program for boys' classes starting one-level per week. Programs are created for participation in the J.O. program.
- BSAP Mathematics packet (for 4th-6th graders)
1993 © USAG \$10.00
- BSAP LOGO
- Conservation of all the skills.
1993 © USAG
- BSAP TUTOR
- This is the last achievement packet given when entering the program.
1993 © USAG

BSAP LEVEL 1 PACK

- Use this to keep track of the students' progress.
1993 © USAG

BSAP REPORT CARD

- Mathematics achievement assessment for student's progress. 1993 © USAG

BSAP HIGHLIGHTS SECTION

- 20 in a pack.
1993 © USAG

OLYMPIC DEVELOPMENT PROGRAM

CP REPORT

- Skill descriptions and skill testing materials.
1993 © USAG

CP WORKSHEET

- Complete documentation.
1993 © USAG

CP WORKSHEET GUIDE

- Assisted for 90% skill assessment score or higher. 10 in a pack.
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JUNIOR OLYMPIC COMPULSORY PROGRAM

1993 J.O. COMPULSORY BOOK

- Contains general terms of compulsory exercises as well as individual options. Compulsory exercises included in the local state regional and national levels.
1993 © USAG, Indianapolis, IN 46268
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1993 J.O. COMPULSORY 5 PATCH

- These are for the first five girls when entering the program.
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GYMNASTS

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- White Recognition award for Class VI-20 in a pack.
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- Silver Recognition award for Class III-20 in a pack.
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- Black Recognition award for Class I-20 in a pack.
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RHYTHMIC

RSG JUNIOR OLYMPIC DEVELOPMENTAL PROGRAM

1993 J.O. RHYTHMIC COMPULSORY BOOK

- The last and final portion for the 1993-94 Junior Olympic rhythmic development program. This book contains the rhythmic development section of the 1993-94 Junior Olympic rhythmic development program. It contains a variety of rhythmic gymnastics moves. Instructions include rhythmic floor exercises, rope, hoop, ball, clubs and ribbon.
1993 © USAG

1993 J.O. RHYTHMIC STANDARDS (LEVELS 1, 2 & 3)

- Compares the compulsory book, the rhythmic standards and the 1993-94 rhythmic development book. It also lists the skills that have been learned at each level. The 1993-94 standards are also placed in parentheses.
1993 © USAG

1993 J.O. RHYTHMIC STANDARDS LEVELS 1, 2 & 3 (QUADRILLE)

- Compares the compulsory book, the rhythmic standards and the 1993-94 rhythmic development book. It also lists the skills that have been learned at each level. The 1993-94 standards are also placed in parentheses.
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1993 J.O. RHYTHMIC STANDARDS LEVELS 1, 2 & 3 (QUADRILLE)

- The materials for the new Level 1 compulsory routines and the Level 2 Rhythmic Floor Exercises compulsory routines.
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1993 J.O. RHYTHMIC STANDARDS LEVELS 1, 2 & 3 (QUADRILLE)

- The materials for the new Level 2 compulsory routines and the Level 3 Rhythmic Floor Exercises compulsory routines.
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REGISTRATION FORM

- Give this to prospective students. Fill out the form and mail it to the local USAG office.
1993 © USAG

LEVEL 1 REGISTRATION FORM

- The new basic skills curriculum.
1993 © USAG

LEVEL 2 REGISTRATION FORM

- The new basic skills curriculum.
1993 © USAG

LEVEL 3 REGISTRATION FORM

- The new basic skills curriculum.
1993 © USAG

LEVEL 4 STUDENT WORKBOOK

- Basic skills with space to record progress.
1993 © USAG

For a complete list of publications call or write USA Gymnastics Headquarters for the new 1993 Catalogue.

See the order form on page 13 to order any of these publications.

MARCH/APRIL SUMMER CAMP ISSUE

Hey GYMNASTS: Did you remember that the March/April issue of USA Gymnastics will be the Summer Camp issue? We will be running a lot of Summer Camps from across the country. We'll give you just the basic information but you can call the camp and find out more details.

COACHES AND CLUB OWNERS

Send your camp information (Name of camp, address, phone, weeks of camp, contact person, girls, boys or rhythmic) by January 15, 1994 to USA Gymnastics, P.O. American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225. This is a free listing!

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GAYLORD

4?



1994 Olympic Team Gold Medalist Mitch Gaylord invented the Gaylord and the Gaylord II skills he competed on the horizontal bar. After retirement, Gaylord invented the Gaylord III, a highly efficient strength machine.

Now another Gaylord has been created—he's one—Kevin Tyler Gaylord. Kevin was born August 31 (7 pounds, 12.5 inches long).

Congratulations to Deborah, Mitch and their new son Kevin!

Here's an Idea

Have you outgrown many of your gymnastics event t-shirts and don't know what to do with them?

Here's an idea . . .

Diane Paulson from Racine, Wisconsin made a blanket out of her son's old t-shirts.

The blanket is something that will be cherished for many years to come!

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Parents: A gymnastics Score book means it's easy for you to follow your child's score during a meet. It also allows many competitors from meet to meet. Small enough to fit in your pocket, large enough to track team-mates scores as well.



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Allow 4 to 6 weeks for delivery

WILSON COLLEGE BUCKS NATIONAL TRIAD

We commend Wilson College for the addition of women's inter-collegiate gymnastics to the college's winter sports program, beginning in the academic year 1994-95.

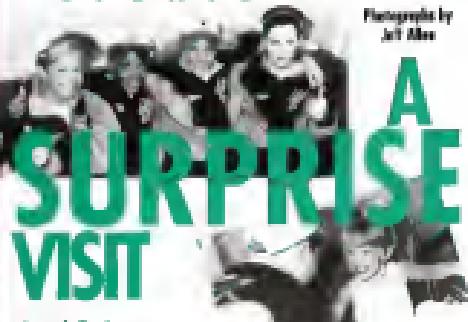
"Wilson is initiating a program which many colleges and universities have dropped from their inter-collegiate program," said Dr. James. "Our program will offer high school gymnasts, who otherwise may not have had the chance, an opportunity to continue participation and competition at the college level."

The new women's gymnastics program will be guided by a strong 1989 Asian Olympic competitor program that includes a fully equipped, separate gymnastics facility located on the Wilson campus in Chantilly, Va.

For more information on the program call Joyce Beveling at 703-264-4111.

GYMNASICS UPDATE

Photographs by Jeff Mace



A SURPRISE VISIT

Amanda Borden,
Dominique Dawes, Heidi
Horstbeck, and Martha
Crabtree performed a small

demonstration, signed autographs, answered questions and shook hands at a children's hospital in Salt Lake City, Utah

during the 1990 Coca-Cola National Gymnastics

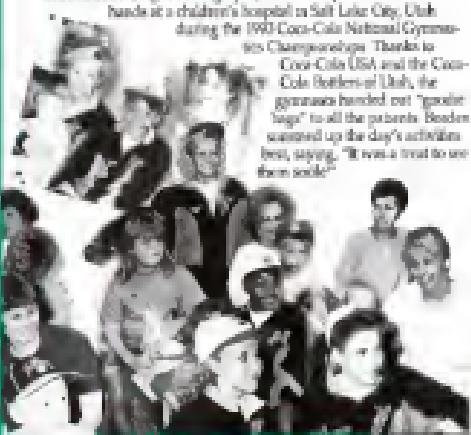
Trials Championships. Thanks to

Coca-Cola USA and the Coca-

Cola Bottlers of Utah, the

gymnasts handed out "goodie bags"

to all the patients. Borden summed up the day's activities best, saying, "It was a treat to see them smile."



M i l e R

Miller has a couple of titles under the 1990 Coca-Cola National Gymnastics Championships, which aired on NBC Sports. Aligned to and by

A total of 17,700,000 people watched the broadcast. Total audience: 16,400,000 on television, averaged 28.7 million, averaged 26.0 million, and 2,400,700 on satellite, averaged 27.5 million.

Alison Miller was referred to a total of 12 times over the course of the broadcast. Dominique Dawes 11 times and Kim Craig 47 times. Just think over 27 million people heard Alison's name mentioned 12 times!

m A n i A



Left to right: Jen Stollman, Mike Dutka and Lindsey Pang

MIKE DUTKA WINS GOLD

By Joseph Stellman

The 8th International Nachwuchsturnier CMG Cup was held in Cottbus, Germany, with 69 gymnasts participating from 14 countries. The U.S. was well represented by Mike Dutka and Lindsey Pang from Gymnastrium Cottbus in Lehagh Valley, Pa.

Dutka, competing in the 15-year-old division, dominated the field. His all-around score

of 52.70 was more than a point ahead of second place Zoltan Lang from Hungary.

Pang placed third overall in the 16-year-old group with a 50.70. Gerathmann's Traena Hickey won first, and Daniel Olmst of Switzerland took second. In the Open Age division, ages 17 and under, Dutka and Pang finished second and 12th all-around, respectively.

During event finals, Dutka earned the gold medal on vault and parallel bars, the silver medal on floor, and took sixth on rings. Pang earned the silver medal on rings and took fourth on high bar.

HERSHEY'S

Hershey Chocolate USA will help launch the 1993 events schedule with the debut of the Roar's World Gymnastics Cup. The event will take place in Baltimore, Md., on January 23.

The 20-person invitational will feature 10 men and 10 women gymnasts who have won medals at the Olympic and/or World Championships levels. These athletes will compete in individual events only.

Some competitors include Dominique Dawes, Kim

Zvezdak, Betty Okino, Harriette Crutch, Terri Davis, Valen Laskin, Sylvia Kral, and Andrus Wecker.

"This event will certainly have some uniqueness," said Bill Davis, vice president of USA Gymnastics. "In our sport, there isn't any distinction between professionals and amateurs since our international federation now permits direct payment to an athlete. We used to have a professional meet, but we know it had a competition with current and previous Olympians competing against each other. This should be fun and exciting for our fans."

There will be a slight adjustment in the judges

RHYTHMIC WORLD CHAMPIONSHIPS TRIALS

Tamara Levinson, Jessie Davis, Brooke Bushnell and Caroline Hunt made the 1993 Rhythmic World Championships Team by earning first through fourth place at the trials held September 12 at Santa Clara University in Atherton, Calif.

These four athletes travel to Aluswic, Spain on November 4-7.

Rank	Name	Age	Team	Alt	Obs	Score	Inv Score	Alt Inv
1	Samantha	13.0	USA	14.0	1.00	47.700	37.500	
1	Jessie Davis	13.0	USA	13.0	1.00	47.600	34.700	
1	Caroline Hunt	13.0	USA	13.0	1.00	47.000	34.300	
1	Terri Davis	13.0	USA	13.0	1.00	46.800	35.700	
2	Brooke Bushnell	13.0	USA	13.0	1.00	46.600	34.400	
3	Julia Kral	13.0	USA	13.0	1.00	46.500	34.600	
4	Sally Ward	13.0	USA	13.0	1.00	46.000	34.800	
5	Zoltan Lang	16.0	Hungary	16.0	1.00	46.000	34.200	
6	Gerathmann	16.0	Germany	16.0	1.00	45.700	34.400	
7	Mike Dutka	15.0	USA	15.0	1.00	45.500	34.300	
8	Lindsey Pang	16.0	USA	16.0	1.00	45.300	34.700	

*Invitationals of the four most highly ranked all-arounders determine the starting lineups for the trials. The four lowest scores are dropped from the trials.

Left to right: Jessie Davis, Caroline Hunt, Brooke Bushnell and Tamara Levinson



UPCOMING EVENTS

HERSHEY'S

scoring system to allow for more equal judging, since the current Olympics have resulted with different technical requirements. AJC's Wide World of Sports will air the event on January 29 from 4:00-6:00 pm EST. For ticket information call 410-881-SEAT.

and the USA. The event takes place on June 10-11 at the Centrum in Worcester, Massachusetts.

"We are thrilled to have the support of Budget Rent-A-Car Corporation," said Davis. "When you examine our list of corporate sponsors, you see some of the biggest names in business and Budget is no exception."

"We understand the Boston-area market is a good business location for Budget, and historically our events have drawn well there. We look forward to another top competition for our squads and feel very fortunate that we can provide international competitions like this for our athletes," NBC will air the event on June 18, 1993.

Budget

RENT-A-CAR

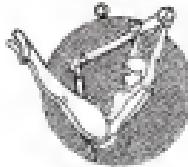
Budget Rent-A-Car Corporation also joins USA Gymnastics as a new national sponsor. Budget will organize a new dual competition between Romania

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If you would like to ask Kim Zmeskal a question, write to USA Gymnastics, Chalk Talk, Pan American Plaza, 201 S. Capitol Ave., Suite 200, Indianapolis, IN 46225.

Dear Kim,
I'm 11 years old and I Level 6
gymnast at Crosswell's. I want to know
since I do my back walkovers are better if
I fold my legs and sit up? How can I
make myself quit holding my legs?
Kara Lewis

Pensacola, Florida

Dear Kara,

Before you do the back walkover, point
your feet at first making sure that your
body is rotated forward. Keep your legs
straight when your legs return to sit. Do
you sit over the top, keep your legs in
line with the torso and squared.

Dear Kara,

I have just thought of a cool thing
gymnastics! (Don't think that Martha
Karolyi will coach?)

Cherry Yaross
Scranton, Pennsylvania

Dear Cherry,

I have helped teach at a couple clinics and
I enjoyed working with the young
gymnasts. Bob and Martha are still
running the gym and the camp, though.
They are not closing.

Dear Kim,

Do you intend to go to college? If so,
do you know what your major
will be and will you continue
in gymnastics at the college level or

America/Gymnastics Money Magazine
and Hope Spry's team?

Robert Lanzach
Encino, California

Dear Robert,

I am going to attending college, however,
NCAA rules prohibit me from competing in
gymnastics. I will stay involved with the
sport though. As for future career plans, I
am interested in in advertising.

Dear Kara,

Ten 1/2 and in Level 3 rhythmic
gymnastics. When I go to meets a lot
of people get first place but I never
get a first place. How can I prevent
getting discouraged?

Andrea Casner
New York, New York

Dear Andrea,

Don't worry about winning first place. As
long as you have tried your best you
should be happy. Try to compete against
your own performance. If you improve in
this way, you really should not be
disappointed.

Dear Kara,

I am 10 years old and I Level 6
gymnast. I was wondering, what were
the biggest inspirations to you in a
gymnast?

Anna Watson
Chesapeake, Virginia

Dear Anna,

When I was eight years old, Mary Lou
Fetters won the Olympic All-Around Gold
medal. Since she is trained at Zaveloff's,

she looked over three consecutive USA
Championship titles, the World
Championship title and contributed to the
U.S.'s bronze medal in the team
competition at the 1992 Olympic Games.

I have also as mentioned before at the time,
Mary Lou is the person who played the
dream coach of me to want to become a
world-level gymnast!

Dear Kim,

What is your favorite event and why?
Mine is floor exercise. Well keep up
the good work in the gym. Gis by the
way, I came to the Gymnastics Fair at
the Memorial Auditorium and I got
your autograph on a poster. I have it
hanging on my wall.

Reggie Pomerance
Greenville, South Carolina

Dear Rykia,

My favorite event is also the floor
exercise. I feel like I can express my
personality the best through this routine.
Also, I've always loved it, simple and
elegant. I hope you enjoyed the show.
Thanks for going to see it!

Dear Kara,

For having a lot of trouble learning my
back handspring, what can I do?

Jillie Rogers

San Antonio, Texas

Dear Jillie,

It's sometimes easier to learn tumbling
skills on a trampoline first. You could try
this or have your coach spot you until
you're ready to do the skill on your own.

ZMESKAL

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The fourth annual "Results Section" includes competition results submitted by State, Regional, Age Group and Elite Development Directors. The "Results Section" is intended to give gymnasts and their clubs some well-deserved recognition for their accomplishments. This section includes results from July 1992 through October 1993.



Michigan State Seal



P.C.U. Myths in levitation

December 17, South Party (Beverly Lakes)
Division A-1.—1, Argyleton, Bunkie;
Shreveport, 2, Laddie Houston, Monroe;
B-1, 3, Eddie Jones; Shreveport, Ray Jameson;
Division C-1, 1, Acme Tack, Shreveport;
Guy, 2, Eddie Jackson (Oncor), 3, Jerry
Jefferson, Shreveport; Guy, Roy's Children's
Institution A-1.—1, Acme Products, High
Performance; 2, Acme Tack & Toy, High Performance;
300, Dick Bennett, Monroe B-1, 1,
Dick Stephen, Bunkie B-2.

Section 1

January 14-15, **Individually**, Level 4
Cathleen O'Brien A.A.—1, Alan Borodin; 2,
James Doyle; 3, Timon Moody and Timothy
Thacker; 4, Jason Stevens A.A.—1, Jeffry
Gates; 2, Stephen Evans; 3, Ashley Best;
Senior Division A.A.—1, Tomay Sofis; Level 3
Children's Division A.A.—1, Jessica
Borodin; 2, Rachel Stevens; 3, Jessie
Jewell; Jason Stevens A.A.—1, Jacob Wilson;
2, Sarah Beaulieu; 3, Stephen Reid; Senior
Division A.A.—1, Daniel French; Level 2
Children's Division A.A.—1, Rachaelle Hunter;
2, Kennedy Belanger; 3, Willow Janned; am
Senior Division A.A.—1, Tim Odeyer; 2, Amy
Wheeler; Senior Division A.A.—1, Lydia
Beaver; Level 3 Children's Division A.A.—1,
Eassy Schmalzried; 2, Jackson
Schoenmakers; Senior Division A.A.—1, Ian
Borodin; 2, Michael Smith; Senior Division
A.A.—1, Ruby Turner; 3, Jake Stevenson;
2, Nathan Gahan; Level 10 A.A.—1, Sally
West.



Gunn 10—, Wiley 11—, Wall age 9-11
J.L.—, L-Eckl, Thomas, T.E.C., Courtney
McGillivray, T.C., Gosselot, T.G.C. 7—
L, McGroarty, U.S.—, L, Wrenn 89—, 1,
Grey 93—, Kristen Pfeifferling, T.C. Age
11-14—, A.J., Robert Howard, T.E.C.
2, Paul Valente, Palermo City 10-11, 10-12,
10-13, 10-14, 10-15, 10-16, 10-17, 10-18
N, Noland, Lewis 5 Age 7-10 8-11—
A, Oliver, Adeline, T.C., 2, Sarah Head,
L.A. ATCIV—, Head 10 11-12 13-14—
Adeline Age 9-11 12—, Margaret, Monica
PRATC, 1, Anne Gauthier, Moncton City
3, Jeanne Fransse, Acme City 10—
Gunderson 10 8 9 10 11, 12—, Diane, Age
10-11 12—, Gray, David, PRATC, 12,
Christie Gullane, PRATC, 11, 12, 13-14—
Gulledge 10A 11B—, David, Jason & Age 9
11-12—, Theresa Jenkins, Chetwynd, 2,
Lorraine Stamps, 3, Alison as the
re, PRATC, 12—, Jenelle Schubert, Glen
view, 10—, Linda as 10—, Lisa Dohle,
Chapman 11—, Shirley Stamps, Chast
ney, Age 13-14 15-16—, Erin Bain, Chast
ney 7, Margot Hay, Penrith City 2, Crystal
Schmidt 10-11, ATCIV 11-12, Renée 10-11
1, Salvatore 11—, 12.

Massachusetts State Meeting

January 5, 1993 Team Champion Level 1—
 1. Walker, T., Academy 2, Sympo 1, Gifford 1,
 Age Group 1A—1, Long Cat, Wilkins 1, 2,
 All French, Thompson 2, Miss Latina, Dyna
 sties, 1st place in League 1A—1, 1st, Rock 1A—
 1, Stephens, Kelly, Cygnus 1B—1, Cato 1B—
 1, Bridge Cat, Mountain Justice Age Group
 1A—1, Redrockables, Central Texas Gym
 1A—1, Crossroads Park, Houston 1A, 2, Double
 Dutch, Peacock 1A—1, Sun City 1B—1,
 Hulen 1B—1F—1, 1st place in the National
 Team Champion Level 1—1, Walker 1, 2,
 Woodland, 2 Sympo, Colleen's Age Group
 1A—1, Anthracite, Central Texas Gym
 1B—1, Catherine Barbara, Wilkins 1C, Jenny
 Andie, Wilkins 1A—1, Steven Scott, Wood
 land 1B—1, Jennifer Grace, Yellowfeather
 1B—1, Garden 1B—1, Hunter, Justice Age
 Group 1B—1, Konkakilis, Woodward 1B—1,
 1, Kelley Willow, Reading 1B—1, Holmes
 Brown (HBC) F9—1, Steven Brown, Wood
 land, Senior Age Group 1A—1, Hunter
 Walker, 1B—1.

[View my GitHub Profile](#)

April 18, 1990 Level IV Team Champions — 3, General Massachusetts; 2, Gymnastics Center, 3 Walker's, 4 Superior Children's Day Care Group (A.A.) — 11, Amy Williams, GMTC; C. Jensen, Walk, Superior, 3, Amy Cole, Walker's — 11, 1, Kim Johnson, Phillips — 10 — 5, Double Tap, GMTC; B.A. — 1, Kristen Knoblauch, Gyms & Bars — 11, Tiffany Steele, GMTC; Diane Age Group (A.A.) — 11, Nelly Gaffney, Morris & Lee Gymnastics; Gyrene 3 Joyce Fitzgerald, Gymnastics with Fun — 11, Christen Simeone, GMTC — 11, Paulette — 1, Double

Lorraine Bryan, 11—, Janice Ferguson,
Gloria & Sami Iqbal, 19—, 1—, Linda
Roukous, Dagmar, 2, Bella Novakay,
Dugger's, 7—, 1—, Memphis, 88 & 88-
92—, Memphis, Love, 72 Team Champions
—, 1—, Dylan River, 2, Nathan's 3 Spin
from Dylan's Age Group 1—, 1—, Michael
Garrison, Dugger's, 202, Eddie McFerren,
Hollister & Company Cookies, Walker's
9—, 1—, 100 seats, Temperature, 11—,
Garrison, 11—, Cedars, 11—, 1—, Anna
Garrison, GIA, Eddie Age Group 1A—, 1—,
Madden Books, Charlie River, 2, Dylan River,
Charlie River, 1, Dennis Ross, Charlie River
91 & 11—, 188 & 192—, 1—, Duke Series
Age Group 1A—, 1—, Jim Engles, Westport
Lovefest Team Champions, 1—, Nathan's 10,
2, Tommy, 3, Memphis Valley Symphonies,
Children's Age Group 4A—, 1—, Anna Garrison,
The Byzantine, 2, Sessions, Chris,
Yellowpills, 1, Michael Winters, Memphis,
Janice Age Group 1A—, 1—, Tony Garrison,
Yellowpills, 2, Dennis O'Gorman, Reading
2, Debbie Niles, Fellowes, 17—,
Garrison, 11—, 1—, Dennis O'Gorman & 1—,
Mike Tamm Age Group 1A—, 1—, Jim
Garrison, 640, 3, Dan Head, Jameson
Garrison, 2, Jim Garrison, City 10 & 10—,
Albert 10—, Major Film Festival, 10—
1, Michael McEvoy, Rockford

Mathematics 2019, 7, 106

Revised-Hughes VI-13—T, Grottoes
III—1, Stacy Johnson, Palousecat III,
1, Del Norte Level 1 Individual Event Qualifier
as IV—1, Jason Grottoe System (D)—1,
Euro Maya, Spectrum Level 9 Non-Grocery
I—1, Mattress, 2, TallyCounter, 2,
Walker's, Children's Age Group II—1,
Megan Thompson, Walker's, Junior's Age Group
II—1, Ken Goss, Scholastic, 2, Megan
Patterson, Walker's 2 Early Thompson, Read
ing VT 2, ST—1, Boos—1, Perkins
III—1, Megan Grottoe, Sandusky Senior
Age Group I A—1, Jason Grottoe
TallyCounter, 2, Music Station Masters
Vita Liane, Absorbent VI-13—1, Kirby
VI-13—1, Del Norte Level 1 Non-Grocery
I—1, Northwest Children's Age Group
II—1, Linda Hines, 2, Linda Hines
Masters VI-13 & ST—1, Hines (B)
Johnson, Diana Age Group ST—1, Vicki
Johnson, Houston 1st Year Loyalty, Northwest
VI-13—1, Greater Bill & Ted—1, Johnson
Senior Age Group II—1, Lori Agnew, Pe

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March 20, 1990 Level 3 Team Champion
Age-11, South Beach Gymnastics Academy, 2nd
South Beach Gymnastics Academy, 3rd, Merrimack
Gymnastics, Boys, Level 3 Option 1-11
Age-11-12, Disney Vegas, NGA-2, Just
Gymnastics, 3, Rock Steady, 3-11-12
Cathrine Bergstrom, Greenwich, 11-12-13
Marilyn Waller, CGA-11-12, Greenwich
Diane, NGA-12-13, Disney Vegas 12-13
Age-11, Meghan Waller, VSA-11, Greenwich
Parley (Amber), CGA/Cognac Gymnastics, 11-12
M. M. 11-12, Patsie, 11-12, Rock Steady
Group 11-12, 11-12, Angel Gymnastics
Reed, 2, Golden Diamond, Linc Sen, 11-12
Samantha, NGA-11-12, Greenwich, 11-12
Hill, 11-12-13, Greenwich, 11-12
Damaris—
1, Cypress, 2, Cypress, 1-2, NGA
Age 11-12-13, 11-12-13, Karen, 11-12-13
200, Michaela Hayes, Cypress, Greenwich
Age 11-12, 11-12, Karen, 11-12-13
Age 11-12, Karen, 11-12-13, Madison
Scholes, Karen, 11-12-13, NGA

MEN'S ARTISTIC SELECTION PROCEDURES

Drinking approval by the Men's Program Committee

L QUALIFICATION-WINTER CUP CHALLENGE

- A. The 1994 Winter Cup Challenge will be held February 4-5, 1994 at the U.S. Olympic Training Center in Colorado Springs.
- B. Athletes will qualify to the Winter Cup Challenge from Senior Team Qualifying meets approved by the Men's Program Director to be held at various sites, but no later than January 23, 1994. Competitors and officials will be selected by the Men's Program Director of USA Gymnastics will certify these approved meets. This certification allows that FIG rules, along with the MDC approved Additional Special Requirements document be used at all meets. Two or more nationally certified judges who are approved by the Men's Program Director will be required. Two or more judges per event will be required. Four or more clubs/programs must be in attendance for the competition.
- C. No qualifying meet will be conducted unless all requests are received at least four weeks in advance of the meet. All official results of qualification scores will be sent to the Men's Program Director.

Exception:
Those athletes who finish in the top 14 Senior National Team, and four under age 20 Senior Elite Development Team and the top seven in the Junior Elite National Team at the 1993 U.S. National Championships will automatically

qualify to the 1994 Winter Cup Challenge, unless they become ineligible due to age. In this case, they must qualify to the Senior Division by the stated qualifying procedure. No automatically qualified athletes will be replaced, for any reason.

Also, athletes who wish to be considered for the 1994 FIG Individual Event World Championships will be required to obtain an OPTIONAL ONLY score of at least 9.7 on each event which they wish to compete in the 1994 Winter Cup Challenge. These optional only scores must be obtained in one of the approved meets as described.

- C. For competition on the Winter Cup, there will be two squads. The first squad of 42 will be qualified from the above qualifying procedure and would be attempting to earn a position on the Senior National Team or the Senior Elite Development Team. The squad of 21 will be qualified from the above procedure, but be under age 19 as of the first day of the Winter Cup and will be attempting to earn a position on the Junior Elite Team. The squad of 42 will be divided into seven men groups with six events being competed concurrently. The squad of 21 will be divided into seven men groups with three events being competed concurrently. These events will be completed GYM, PFL, SB and then competition will begin on the remaining three events. The competitive working order for officials will be determined by renumbering the same group, continuing to rotate the order and moving over one event to start.

- D. All-Around ranking will be determined from the compulsory-optimal sessions. Competitors will be weighted 50% and the optional 50% to determine

team and ranking for the Senior National Team, the Senior Elite Development Team and the Junior Elite Team.

- E. The Senior National Team will be the top 14 from the final all-around ranking. The Senior Elite Development Team will be the next four in rank order from the combined weighted compulsory and optional sessions, who are under age 20. The Junior Elite Team will be the top seven from the combined weighted compulsory and optional sessions, comprising the 21 man division, who are under age 19. Age is determined as of first day of competition. Ties will not be broken.
- F. Optional competition will utilize the Additional Special Requirements of the Men's Program Committee and Competition Rules of the FIG.
- G. In case of an injury, a gymnast may be positioned on the National Team, unranked, by the Men's Program Committee.
- H. Returns to the Winter Cup Challenge will be considered for current former National Team members only. These National Team members must have competed in one of the two immediately previous National events (Winter Cup or U.S. National). Returns should be completed by the coach, include a doctor's explanation and be sent to the Men's Program Director. Any petition which is ultimately accepted by the Men's Program Committee will not exclude a competitor qualified by competition. The petitioned athlete will be addressed.

II. TEAM SELECTION-WORLD CHAMPIONSHIPS-BRISBANE, AUSTRALIA

- A. The gymnasts who finish first in an individual event, utilizing optional scores only, from the 1994 Winter
- B. Cup Challenge, will be the athletes who will be considered to compete in the 1994 Individual Event World Championships in Australia. The top three all-around finishers, using optional scores-only, will be assigned to compete in the all-around portion of the 1994 FIG World Championships in Australia.
- C. Based on the optional scores and votes投下 by the Men's Program Committee at the conclusion of the Winter Cup, a maximum of six gymnasts will be invited to participate in the Individual/All-Around Event World Championships.
- D. Winter Cup will be FIG Rules with the MDC approved Additional Special Requirements. Two weeks required for Individual Event World Championships consideration.
- E. No positions to the 1994 World Championships Team are allowed.
- F. The World Championships Team Coach and Assistant Coach will be the two highest ranking personal coaches of the athletes selected to participate. One coach each from the All-Around and Individual Event competitions.

III. TEAM SELECTION-GOODWILL GAMES-ST. PETERSBURG, RUSSIA

- A. Four athletes in rank order from the Winter Cup Challenge utilizing optional all-around scores only will comprise the 1994 Goodwill Games Team.
- B. The top two personal coaches in rank order will serve as head coach and assistant coach, respectively.
- C. Replacement of a team member will occur only due to a serious injury.
- D. No positions to the Goodwill Games Team are allowed.

SELECTION PROCEDURES

WOMEN'S ARTISTIC SELECTION PROCEDURES

L 1994 WORLD CHAMPIONSHIPS-BRISBANE, AUSTRALIA

The 1994 World Championships are an All Around and Event Finals competition and will take place April 19-24.

A Sherman Miller, based on the following 1993 performances:

- World All-Around Champion
- World Champion on Bars and Floor

will be guaranteed an all-around position on the 1994 World Championships Team, pending her readiness which will be demonstrated at the 1994 McDonald's American Cup and evaluated by the Selection Committee.

B. At the American Classic on March 25-27, compulsory competition will be 60% of the final score and optional competition will be 40% of the final score to determine the combined all-around ranking. Gymnasts must finish in the top six combined all-around ranking and placed first or second in the optional only ranking, to be placed on the 1994 World Championships Team. Ties will be broken by the highest individual event optional score. In the event that

Sherman Miller is not on the World Championships Team, the third slot will be filled by the same method.

C. The fourth position will be determined by the individual event optional ranking. An athlete who wins an event and places no lower than sixth in the combined all-around, and who has not already been placed on the team, will fill the fourth slot. Ties will be broken by the highest individual judge's coaching score on that apparatus. In the event that all four apparatus were won by the athletes already placed on the team by their optional all-around ranking, the athlete placing next in the optional all-around will be placed on the World Championships Team.

D. At the American Classic,

Competition III rules will be used for the combined all-around competition, with the exception of vault which will use Competition II rules. Athletes number 1 through 6 in the combined all-around final ranking, are eligible to qualify for the World Championships Team on the vault event by performing a second vault using Competition III rules at a designated time, separate from the combined all-around competition.

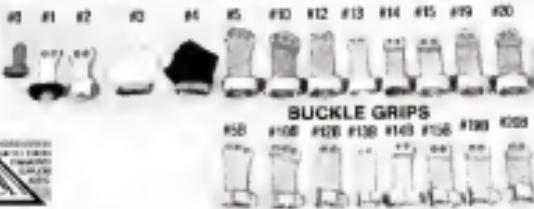
E. There will be no petition for injury or other onto the World Championships Team.

F. The four athletes representing the US, having injury, will compete according to the coaches' lineup.

*Pending final approval

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(Michael Team Hanks
continued from page 29)

JARROD HANKS

1993 Coca-Cola National
Championships
5th All-Around

I got engaged the day I got back from Championships to Brandy Copeland, a cheerleader for the University of Oklahoma. We're getting married on February 13, 1994. Thanksgiving, Brandy and I will go to my mom's house (which is my mom's mom). The whole family gets together. We eat so much good spicy Cajun food that we have to sleep afterwards. My favorite is a rice dressing with lobster meat. Brandy and I will probably spend Christmas in Oklahoma with Brandy's family. It will be a new experience. I'm going to ask Santa to bring me a new ankle and make me healthy for Christmas. I started injured my ankle at the Coca-Cola National Gymnastics Championships in August. He said that his rehabilitation is going well and he should be full strength by Winter Nationals!



Age: 21
Residence: Norman, Okla.
College: University of Oklahoma, Norman, Okla.
Occupation: Student

DONI THOMPSON

1993 Coca-Cola National Championships
5th All-Around Junior Division

For Thanksgiving my family comes over to our house and we have a big turkey dinner and play games like Trivial Pursuit and Pictionary. I like my mom's mashed potatoes the best. My whole family comes over Christmas Eve and we have dinner, go to church, and then open presents. We always read "The Night Before Christmas" on Christmas Eve. Doni's family includes her mom, dad, 18-year-old twin brother and sister, 22-year-old brother and Doni, who is the baby of the family at age 12!



IN THE SPOTLIGHT

KIM ZMESKAL

1991 World Champion

For Thanksgiving my mom, dad, 16-year-old sister, 10-year-old brother and I usually go to my grandmother's house and have a Thanksgiving dinner. I have turkey and my grandmother's German apple cake from Kollacky's. My grandmother's house is out in the country and all my cousins are there; it's really fun. For Christmas my family and I go to church on Christmas Eve and are allowed to open one present after church. We also make cookies and write a letter to Santa on Christmas Eve. In the morning we open all of our Santa gifts. After Christmas I'm going to Chicago to spend time with Betty Okiing. We did this last year too, and it was so much fun. We plan to go skiing, although neither of us have ever skied before.



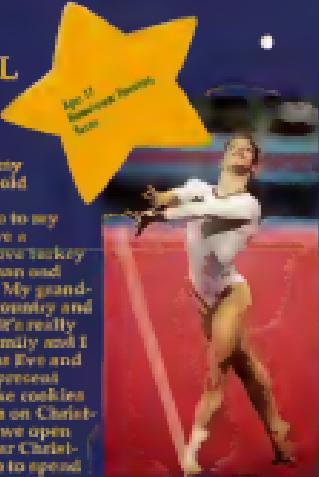
TAMARA LEVINSON

1992 Olympian

For Thanksgiving my family gets together with friends we've had for many, many years and have a big dinner. For Christmas, we're Jewish but not really religious. My brother's birthday falls on Christmas so we have a big celebration on that day. We usually go to Florida or someplace warm.



Age: 17
Residence: Boca Raton, Fla.
College: University of Miami, Fla.
Occupation: Gymnast



Age: 17
Residence: Cedar Park, Texas
College: University of Texas, Austin
Occupation: Gymnast

HAPPY HOLIDAYS!!!



1993 CONGRESS USA GYMNASTICS

Left to right: Brooks Bushnell, Rhythmic Athlete of the Year; Shannon Miller, Women's Athlete of the Year; Dominique Dawes, Women's Athlete of the Year; Billy Payne, President and CEO of AGCO; Shannon Miller, Master of Sport; John Rostalberger, Men's Athlete of the Year.



Below is a list of the award winners. USA Gymnastics would like to congratulate them all!

Ree Kreitzer	Distinguished Service Award
Jim Howard	Distinguished Service Award
Warren Brookfield	Distinguished Service Award
Connie Frisberg	Distinguished Service Award
Jackie Flie	Distinguished Service Award
Dominique Dawes	Women's Athlete of the Year
Steve Hansen & Peggy Laddie	Women's Coaches of the Year
John Rostalberger	Men's Athlete of the Year
Fred Rostalberger	Men's Coach of the Year
Brooks Bushnell	Rhythmic Athlete of the Year
Jim Esser	Rhythmic Coach of the Year
Jack Rockwell	Spirit of the Flame Award
Shannon Miller	Master of Sport
Jessie "Joy" Adams	Hall of Fame
Larry Bower	Hall of Fame
Irvine "Irv" Beckford	Hall of Fame
John "Jack" Miles	Hall of Fame
Franz "Frank" Kusik	Hall of Fame
John Berling Jr.	Hall of Fame

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